



Self-Care Program

Important Phone Numbers

Health Promotion Program
.....288-8488

TRICARE Service Center
.....1-800-444-5445

DACH Central Appointments
System.....288-8888
1-800-305-6421

Pharmacy (medication questions)
.....288-8100

Poison Control Center Hotline
.....1-800-222-1222

Ambulance.....911

Health Promotion Program
Department of Preventative
Medicine
USA MEDDAC
Fort Hood Texas
288-8488



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www.hood-meddac.army.mil



The Self Care Program

Self Care is an educational program open to all TRICARE Prime and TRICARE for Life beneficiaries.

The Self-Care class focuses on guidelines for healthy living, home treatment for minor illnesses, and injuries, and recognizing the need for urgent medical care.

The Self-Care Program was developed to increase individual wellness by empowering soldiers and families to be responsible for personal health.

Upon completion of a one-time, one hour class, participants receive a card which enables them to receive limited quantities of over-the-counter (OTC) medications without a provider's prescription, along with guidance for use from a staff pharmacist.

How do I enroll?

To enroll in a class, call the Patient Appointment Service at 288-8888. Special classes for units and battalion-level Family Readiness Groups (FRGs) are available upon request by calling the Health Promotion Program at 288-8488.

For Questions about the Self-Care Program, Please call the Health Promotion Program, 254-288-8488

